NEWS

The heatwave continues..

Author: Press Office
16:49 (UTC+1) on Mon 2 Jul 2018

Hot weather remains in the forecast for much of the UK. Although temperatures won't be quite as hot as last week, they will continue to remain well above average and it will remain largely dry.

High pressure continues to dominate, although it does tend to weaken especially around the middle of the week and that will allow a few showers to develop. But as we go towards the end of the week another area of high pressure moves back in and this will help to keep things dry into next weekend.

Will Lang is a chief meteorologist. Will said: "All parts of the UK will see plenty of sunshine this week, although mist and low cloud along North Sea coasts will be slow to clear at times.

"Showers will develop at times, and there is a low risk that these could be heavy in places. Although most places will remain dry, sunny and very warm through much of this week, conditions in the north and north west will often be cooler and cloudier."

The sun is at its strongest at this time of year and UV levels will be high or very high, so people should take care when outside enjoying the weather. Heat-health watch warnings have been issued for parts of southern and western England.

Dr Thomas Waite of PHE said: "We know that when weather like this hits many people will head outdoors and make the most of the sunshine – but for others high temperatures, over more than a day or two, can be really uncomfortable and pose a significant risk to health. This is because their bodies may struggle to adapt to working harder, as all our bodies do when the weather gets this hot, and they can become ill.

"It's vitally important that we keep an eye on friends, family and neighbours who may be at risk. For others the best thing to do is avoid the sun during the hottest parts of the day, carry water with you when travelling and if going out to large events, and we know lots of people will be watching football this week: think what you can do stay cool. It's also worth remembering to think about keeping homes cool, as this can aid sleeping at night and give the body time to recover from the heat of the day."

Forestry Commission Spokesperson, Stuart Burgess, said: "Every year, fire destroys thousands of hectares of countryside. They are a threat to people, wildlife, forests, woodlands and trees. Although some fires are started deliberately, most of them are due to carelessness. Thankfully major forest fires are rare and we remind everyone to take care all the time, not only during dry spells."

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